



WESTBURY GROUP PRACTICE

Westbury Group Practice: Self Administer - B12 Injections

This page is only for those patients of Westbury Group Practice who have discussed their individual situation with a registered health care professional and have agreed to continue B12 injections through self-administration only

Equipment required

- 3ml Syringe
- Red filter needle
- Blue safety needle
- B12 ampoule
- Cotton wool
- Sharps bin

Step-by-step guide

Step 1. Wash your hands thoroughly

Step 2. Attach red filter needle to syringe without touching the two ends that will connect

Step 3. Tap all the red fluid into the bottom part of the ampoule

Step 4. Find the red spot on the ampoule and ensure the red spot is facing forward.
Snap the top off backwards

Step 5. Discard the top of the ampoule in sharps box

Step 6. Remove the cap of the red filter needle and insert into the ampoule and then pull the plunger up to draw up all the red fluid

Step 7. Discard the bottom of the empty ampoule in the sharps box

Step 8. Hold the syringe vertically and push the plunger to expel almost all the air

Dr Richard Edwards Dr John Moore Mr Mark Dickson

White Horse Health Centre

Bratton surgery

Mane Way,
Westbury, BA13 3FQ

5 The Tynings
Bratton, BA13 4RR

01373 828 330

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Step 9. Remove the red filter needle and discard into the sharps box

Step 10. Attach the blue safety needle, again without touching the two ends that will connect

Step 11. The injection is now ready to be given

Step 12. Expose the top of the arm or the outer part of the thigh where the injection will be given

Step 13. Remove the needle cover

Step 14. Gently push the needle into the skin until it won't go any further

Step 15. Push the plunger slowly down whilst counting to ten until the syringe is empty

Step 16. Pull the whole needle out and discard the needle and syringe straight into the sharps box

Step 17. Cover with cotton wool if necessary

If you have any issues or concerns please contact the reception team for an appointment to discuss with the nursing team.

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